



January 2015

BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION

Healthy Weight: Nutrition and Fitness

In This Issue

Tobacco Cessation-Class Schedule
Sitting Is The New Smoking
New Year, New Goals
Maintaining A Healthy Weight
Next ShipShape Course
Health Promotion Calendar



U.S. NAVAL HOSPITAL YOKOSUKA

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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions
HP@med.navy.mil

Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!
Call or email us at 243-9776 / 046-816-9776 HP@med.navy.mil

Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





Sitting Is The New Smoking

Moving a Little More Goes a Long Way

By: Lt. Don Kallail, PT, DPT



Sedentary People have a Greater Risk of Developing:

- Obesity
- Diabetes
- Cardiovascular disease
- Depression
- Certain cancers

Men and women who sat more than six hours a day died earlier than those who limited sitting time to 3 hours a day or less.

Research has shown large amounts of time spent sitting can still be detrimental to those who are otherwise physically active.

Researchers believe this might be part of the reason elderly people have such a hard time getting around later in life.

5 tips to move more and sit less

Replacing 30 minutes per day of sedentary time with equal amounts of light activity is associated with better physical health.

- Stand up when you talk on the phone or during a work meeting.
- When you go to grocery store or mall, park in a space farthest away.
- When you get up to have glass of water, walk around the house or office.
- Walk for short errands instead of taking the car.
- Take the stairs instead of the elevator, if you are able.



New Year, New Goals

How To Keep Your New Years Resolution

By: Lt. j.g. Jessica Lasseigne, LCSW

With the New Year upon us, it's very common for individuals to set goals to accomplish over the year. The most common example is to exercise on a regular basis. We see this every January when we have to wait our turn for cardio machines or weight machines. Gym attendance usually dwindles down in March and April and continues to fall as time passes. Here are some tips for maintaining our exercises goals for the year.

Setting goals can help us turn the vision of our future into reality. Sometimes we get too wrapped up in the big picture and can feel overwhelmed with our goals. To combat this, develop goals that are SMART: Specific, Measurable, Attainable, Relevant and Track able. Breaking down the big picture into small steps can reduce the anxiety that can develop when trying to accomplish the goals. It's important to keep a list of goals readily available to keep yourself on track. When you have several goals, it can help to prioritize them.



The most important thing to remember about goals is to keep them realistic for your capabilities. For example, if your goal is to run a marathon, remember that it takes time to build up to 26.2 miles. Breaking this down into weekly goals of increasing your mileage and pace can keep you focused on your overall goal: crossing the finish line of your first marathon!



A Healthy Weight For The New Year

Maintaining A Healthy Weight

By: Ensign Mari Moffitt, RDN



In January, we celebrate both nutrition and fitness to improve our quality of life and attain a healthy weight. However, weight can be a touchy issue. For some, it's a number on a scale and for others it's what they see in the mirror. No matter how you approach the topic of weight, being at a healthy weight has its benefits. A healthy weight lowers your risk of developing certain

weight related health problems: heart disease, stroke, type 2 diabetes, certain cancers, hypertension, sleep apnea, and osteoarthritis. Attaining or maintaining a healthy weight can be tricky, especially when there are many factors, such as genetics, environment, stress, behavior, nutrition, and fitness (to name a few) that can affect our waistlines. This does not mean that we throw up our hands and give up though. Instead, we can try different tips and techniques that can help us get to our goals:

✦ **Set yourself up for success by eating breakfast.** Breakfast not only provides you with fuel for the day but it can be a great source of fiber, vitamins and minerals. Fiber is a plus because it not only aids with regularity it can help lower cholesterol and keep you full until your next meal. Choosing whole grains like oatmeal, whole wheat bread and fruits like berries are easy ways to add fiber to breakfast.

✦ **Eat a variety of fruits and vegetables.** Usually, we consume the same variety of vegetables and fruits. But by taking advantage of the various colors of produce available, we can ensure that we are meeting our nutritional needs.



✦ **Listen to what your body is telling you.** Slowing down during meal times not only allows you to savor your food, but it will also help identify when you are full (it takes the stomach approximately 20 minutes to tell the brain "hey I'm full!") to avoid excessive calorie intake.

✦ **Calorie free beverage.** Water plays a role in metabolism, replenishes fluids lost from sweat, and prevents overheating. A good rule of thumb is to drink about 8 to 10 (8oz/each) glasses of water a day. However, you may need more depending on the temperature and what activity you are doing.

✦ **Practice 90/10 rule.** Try to eat whole nutritious foods 90% of the time and enjoy the occasional fun food (or junk food) about 10% of the time.

✦ **Physical activity.** This aids in heart health, reduces stress, and supports weight maintenance. Recommendations for adults: Aim for about 30 – 60 minutes 5 days a week of moderately intense (walking fast, water aerobics, bike riding, playing tennis, dancing) aerobic activity and 2 or more days week of muscle-strengthening (lifting weights, resistance bands, push-ups, sit-ups, heavy gardening) activities.

These are just a few strategies to help get you on the right track towards a healthy weight. Speaking to your Primary Care Physician or Registered

Dietitian Nutritionist (RDN) can help you determine if you are at a healthy weight and if you may be at risk for any preventable complications. You can always make an appointment at our Nutrition Clinic where a RDN can also help to meet your specific weight goals by customizing a personalized nutrition plan. No referrals are necessary. Please call 243-7128 to make an

appointment.



Monthly Nutrition Classes at USNH Yokosuka



Prenatal Nutrition Class

2nd Friday of every month at 1400.
Please call 243-7128 to reserve a seat.

Weight Management Nutrition Class

Last Tuesday of every month at 0930.
Please call 243-7128 to reserve a seat.



These classes are taught by USNH Yokosuka's Registered Dietitians and are a way to educate the members of the community about a healthy lifestyle, highlighting key points of nutrition while busting some of the myths. Classes are available to civilians, military, and contractors registered in the DEERS system.



Next ShipShape Course Begins February 4th!

ShipShape Weight Management Program

Next course begins February 4, 2015

Class Option #1: Wednesdays 1100-1230

Class Option #2 Wednesdays 1500-1630

8-week lifestyle change program that includes:

Nutrition Education

Strategies to Increase Exercise

Behavior Modification Skills



Open to all TRICARE beneficiaries

Contact Health Promotion to
schedule your spot in the course
today!

Fleet Rec Center– Rm 323, 243-9776 / 046-816-9776, or HP@med.navy.mil



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January 2015 Healthy Weight: Nutrition & Fitness

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
				HFA 0800, 0830, 0900, 0930 & 1000		
4	5	6	7	8	9	10
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800		
11	12	13	14	15	16	17
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800		
18	19	20	21	22	23	24
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830		
25	26	27	28	29	30	31
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 /
HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!